

MOTION BY SUPERVISOR MARK RIDLEY-THOMAS

APRIL 30, 2013

Proclaim May 2013 as Employee Health and Fitness Month in Los Angeles County

The Los Angeles County's (County) Countywide Fitness Challenge was launched in 2010 as an effort to expand health awareness, promote healthy eating habits, reduce incidence of illness due to poor lifestyle choices, increase productivity, and reduce health care costs. In 2012, thousands of County employees and their families participated in weekend fitness events held throughout the County. In addition, 13,590 employees and their family members completed various health screenings such as glucose, blood pressure, and cholesterol at Countywide Fitness Challenge events, and over 2,000 employees competed in the Countywide "Biggest Loser" contest and tracked their physical fitness activities online with "Active for Life!" in collaboration with the American Cancer Society.

To continue the momentum in making cultural and behavioral changes to promote wellness for County employees, the Department of Human Resources (DHR) is launching its fourth annual Countywide Fitness Challenge. This year's campaign will cover a six-month period starting in May 2013. Fitness events and activities include biometric screenings, "Biggest

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Loser” contest, nature and wilderness hikes, pedal boat rallies, kayak relays, farmers’ markets, fitness walks, healthy cooking demonstrations, a softball tournament, and a master dance class.

As in the past, DHR will collaborate with many partners including the departments of Parks and Recreation and Beaches and Harbors, County-sponsored health plans, the American Cancer Society, the American Diabetes Association, the American Heart Association, the Coalition of County Unions, and SEIU Local 721.

I THEREFORE MOVE THAT THE BOARD OF SUPERVISORS:

1. Proclaim May 2013 as “Employee Health and Fitness Month” in the County of Los Angeles and launch the “2013 Countywide Fitness Challenge” campaign for all employees and their families, and encourage Department Heads and Wellness Managers to support and market the campaign to their employees and strive for 100 percent participation;
2. Encourage all County employees to support and attend the May 21, 2013 Kick-Off event at Grand Park-Downtown located at North Grand Avenue, Los Angeles, from 11:00 a.m. to 2:00 p.m. and/or the May 18, 2013 activity Kick-Off event at Whittier Narrows Recreation Area located at 750 South Santa Anita Avenue, South El Monte from 8:00 a.m. to 12:00 p.m.; and
3. Waive the parking fees in the amount of \$2,000 for 100 cars in the Music Center Garage (parking lot 14) for the participants of the Grand Park Kick-Off event on May 21, 2013; parking fees in the amount of \$1,200 for 200 cars at Whittier

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Narrows Recreation Area on May 18, 2013; parking fees in the amount of \$2,200 for 200 cars at Castaic Lake Recreation Area on June 15, 2013; \$335 facilities fee and parking fees in the amount of \$1,650 for 300 cars at Dockweiler Youth Center on September 21, 2013; \$1,015 facilities fee and parking fees in the amount of \$1,200 for 200 cars at Kenneth Hahn State Recreation Area on October 5, 2013; and \$1,715 facilities fee and parking fees in the amount of \$3,000 for 300 cars at Santa Fe Dam Recreation Area on October 19, 2013.

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